

## Weight Management Strategies

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## Behavior Changes

1. Increased Awareness
2. Eat Less
3. Eat More Often
4. Eating Triggers/Stimuli

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## Increased Awareness

- Pay attention to when and what you eat.

We live our lives half aware of what we are doing, thinking, and feeling. Eating correctly requires eating consciously and being aware of what, when, and why you are eating.

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### Eat Less by Monitoring Calories

- Most people lose weight loss eating between 1500 – 1800 calories a day
- Tools for monitoring calorie intake:
  - Calorie counting book or reference (there are many good web sites that offer calorie counts for foods).
  - Calorie intake diary (this should be portable and accessible throughout the day)
  - Digital kitchen scale (not a must, but very helpful).

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### Eat Less More Often

- Don't eat your calories all at once
- Spread food throughout the day
  - Helps minimize blood sugar fluctuations
  - Helps to avoid "hunger attacks"

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### Eating Triggers and Stimuli

- Why and when do you overeat?
  - Why: Emotional Reasons**  
Stress, Boredom, Depression, Sadness, Happiness
  - When: Physical Reasons**  
Socializing, Parties, Movies, Watching TV, Reading, Driving

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## Eat for the Correct Reasons

- Eat for physiological reasons and listen to your bodies cues:

The Hunger Scale

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